



Pav Bhaji (Spicy Mixed Vegetable Sandwiches)

 Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

Ingredients

- 1 bell pepper finely chopped
- 1 tsp garlic minced
- 1 tsp ginger minced
- 2 to 2 chillies slit green
- 0.5 tsp juice of lemon
- 1 large onion chopped finely
- 0.5 cup peas green frozen
- 2 cups potatoes diced peeled

- 3 tpsps suya seasoning mix (spice mix available at Indian markets)
- 1 tsp chili powder red (powdered chili peppers, also available at Indian market)
- 3 roma tomatoes finely chopped
- 1 cup savory vegetable finely
- 6 servings salt to taste
- 0.3 tsp turmeric
- 6 servings buns gluten-free whole wheat halved for serving (i used hotdog buns, , but bread can be used (called pavs)

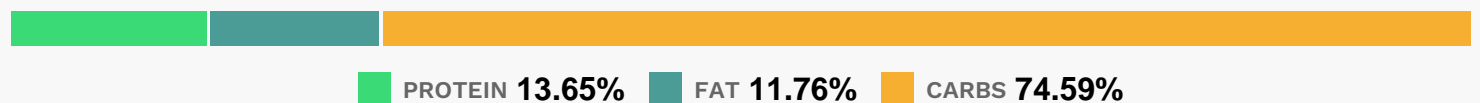
Equipment

- pot
- wok

Directions

- Heat a good non-stick wok or large pot.
- Add the onions and cook, adding a little water as necessary, until they begin to brown, about 4 minutes.
- Add the ginger, garlic, and green chillies and cook for another 2 minutes.
- Add the bell peppers, and cook for another 2 minutes. Stir in the pav bhaji masala, red chili powder, turmeric, and salt.
- Add the tomatoes, and cook until they start to break down, about 5 minutes.
- Add the mashed vegetables and 1/2 cup water and adjust salt. Cook on low for about 20 minutes.
- Add lemon juice and serve on toasted buns or other bread.

Nutrition Facts



Properties

Glycemic Index:54.18, Glycemic Load:11.88, Inflammation Score:-10, Nutrition Score:20.236521879292%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 228.84kcal (11.44%), Fat: 3.15g (4.85%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 36.96g (13.44%), Sugar: 7.25g (8.06%), Cholesterol: 0mg (0%), Sodium: 468.95mg (20.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.46%), Vitamin C: 55.47mg (67.23%), Vitamin A: 2689.29IU (53.79%), Manganese: 0.9mg (44.94%), Fiber: 8.01g (32.03%), Folate: 99.69µg (24.92%), Vitamin B1: 0.36mg (24.16%), Vitamin K: 24.98µg (23.79%), Vitamin B6: 0.45mg (22.55%), Iron: 3.95mg (21.93%), Selenium: 14.48µg (20.69%), Vitamin B3: 3.85mg (19.27%), Potassium: 654.17mg (18.69%), Magnesium: 62.15mg (15.54%), Phosphorus: 148.65mg (14.86%), Vitamin B2: 0.24mg (14.33%), Copper: 0.27mg (13.57%), Calcium: 111.67mg (11.17%), Zinc: 1.18mg (7.85%), Vitamin E: 1.16mg (7.76%), Vitamin B5: 0.63mg (6.3%)